

FREQUENTLY ASKED QUESTIONS:

Q. Is this a mandatory program?

A. No. This is a completely voluntary wellness service designed to focus on your weight management needs.

Q. How do I qualify for this program?

A. If you are an overweight benefit-eligible employee under a health plan administered by the LLUAHSC Department of Risk Management you are welcome to join. Participants must retain their benefit-eligible employee status for the entire 6 month enrollment period to qualify for reimbursement.

Q. Can my spouse or children join?

A. The program is provided to you by the Living Whole Employee Wellness Program and is open to employees only. However, your spouse or children are welcome to join these programs outside the **Say N.O.W.** program by contacting the specific clinic or program directly (payment will be required).

Q. How do I qualify for reimbursement?

A. You must complete an initial health risk assessment and a final "post" assessment with the Living Whole Program, attend all meetings for your weight management class and complete accountability logs. Four months of active involvement in the **Say N.O.W.** program is required.

Q. How much do I have to pay upfront and how much will I be reimbursed?

A. You will have a \$20 commitment fee for each week of your weight management class. The Living Whole Program will cover all program costs and will reimburse you for all commitment fees if you complete all requirements. This ultimately provides you with customized weight management services for FREE!

Q. How long is the enrollment period?

A. The **Say N.O.W.** program runs on a 6 month cycle with 4 months of active involvement required.

Q. If I already completed a health risk assessment with the Living Whole Program do I have to do it again?

A. No, if you have completed an assessment in the last 12 months prior to your enrollment. However, you will need to meet with Living Whole Dietitian to review your weight management options and receive a referral.

Q. How many health risk assessments can I complete?

A. Health risk assessments will be offered once a year per individual.

Q. How soon will I be able to have an appointment?

A. Appointments will be made on a first-come-first-serve basis and space is limited. The sooner you call the sooner you can get started!

Q. Will my results be shared with my physician?

A. No. All of your information is kept confidential and will not be shared with anyone. However, we suggest that you share **Say N.O.W.** information with your physician.

Q. What happens if I drop out of the program?

A. A strong commitment is required for a weight management program to be effective. If you drop out of the program you will not be eligible to enroll in the **Say N.O.W.** program again for 18 months and WILL NOT be reimbursed for your out-of-pocket costs incurred during your enrollment.

IF YOU ARE READY FOR A

change, IF YOU ARE
READY TO *start feeling your*
best ... JUST SAY *N.O.W.*

AND CALL US TODAY!

CONTACTS:

Living Whole Program Department of Risk Management

101 East Redlands Blvd. San Bernardino, Ca 92408
(909) 651-4007

Center for Health Promotion

24785 Stewart St. Suite 111 Loma Linda, Ca 92354
(909) 558-4594

Drayson Center

25040 Stewart St. Loma Linda, Ca 92354
(909) 558-4975

Lite-Weighs

1150 Brookside Ave. Suite U Redlands, Ca 92373
(909) 793-2506



LOMA LINDA UNIVERSITY
HEALTH SYSTEM

*We reserve the right to change program terms and conditions at any time.



ARE YOU READY
TO TAKE ACTION?



DON'T WAIT UNTIL TOMORROW

SAY
N.O.W.!

NO TO OVERWEIGHT



LOMA LINDA UNIVERSITY
HEALTH SYSTEM

Are you ready to start losing weight?

Say N.O.W. is an innovative program that provides you with weight management options that can ultimately be FREE! This program is provided to you by the Living Whole Employee Wellness Program in the Department of Risk Management. You will work with the Living Whole Wellness Team in the **Say N.O.W.** program to create a personalized weight management plan that meets your needs!

Is it time for you to take a “time-out” and carve space into your busy schedule to focus on you? It is never too late to make a change. Beginning can be the biggest hurdle. No matter how big the goal is or how far away it may seem it is important to acknowledge that a healthier future can begin NOW. No more guilt, no more beating yourself up...just **Say N.O.W.** and begin the journey.

JUST SAY N.O.W.!! (NO TO OVERWEIGHT)



HOW DOES THE SAY N.O.W. PROGRAM WORK?

- Call (909) 651-4007 and make an appointment to complete a health risk assessment with the Living Whole program.
- At the end of your assessment you will have a one-on-one meeting with a Living Whole dietitian to discuss your results and your weight management options.
- Based on your meeting with the dietitian you will be given a referral form for one of the following weight management tracks:

1. **Why Weight?** – Living Whole Employee Wellness Program
2. **Lean Choices** – Center for Health Promotion
3. **Activity N.O.W.** – Drayson Center
4. **The Solution** – Lite Weighs
5. **Take Shape for Life** – Center for Health Promotion

- Use your referral form to enroll into the program and comply with the attendance requirements necessary to complete the track.
- 4 months of active participation in the **Say N.O.W.** program is required.
- Complete a final assessment with the Living Whole Program.
- Keep ALL receipts for all commitment fees and return receipts to the Living Whole program at the end of 6 months to qualify for reimbursement.

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FOLD